

HearingSuccess

LISTENING PRACTICE TIPS & RESOURCES



Are you newly implanted? Did you recently get a new program, upgraded processor, or perhaps just want to improve your listening skills with your cochlear implant (CI)? Do you have limited access to internet? We are here for you!

Practice as much as you can. Repeated, focused practice is needed for the brain to process how sounds and words are heard. Practice will make communication easier. Your AB family of recipients provided this information from their own personal experiences in aural rehabilitation.



AB PEERS' TIPS FOR SUCCESS:

1. **Consistent use.** Wear your processor for as long as you can every single day. Consistent, daily use of your cochlear implant helps your brain adjust to the new sounds you are hearing. Morning to night is recommended.
2. **Hear with two ears.** Hearing with two ears is better than one. Consider wearing a cochlear implant or a compatible hearing aid on your second side. If you also use a hearing aid in the un-implanted ear, wear it all the time. When you are adjusting to hearing with your cochlear implant, you can take your hearing aid off during the time that you are practicing listening with the cochlear implant alone.
3. **Reach out for help.** Join the AB Community, talk to family and friends and your CI Team. Consider joining local hearing organizations. To connect with your local AB representative or to talk with someone about getting a cochlear implant, please contact [1.866.844.HEAR \(4327\)](tel:18668444327) or hear@advancedbionics.com. For questions about equipment, orders, or replacement parts, please contact **Advanced Bionics Customer Service:** [1.877.829.0026](tel:18778290026) or customerservice@advancedbionics.com.
4. **Stay motivated.** Set specific hearing goals, make a plan and share it with your family, friends and CI center.
5. **Go find the noise.** When you do not recognize a sound in your home or environment — like water dripping, fridge running, dog's nails clicking on the floor, coffee percolating — identify the noise so that you know what it is the next time you hear it. It helps your brain adjust to all the new sounds you have access to.
6. **Practice, Practice, Practice!** Make time to practice on your own, with a hearing partner or in a group. Slow and steady wins the race. Be patient. Set realistic goals.



HEARINGSUCCESS PORTAL FROM AB: TOOLS THAT WILL HELP SUPPORT YOUR HEARING SUCCESS

1. Get access to all of AB's free digital support resources online. Choose resources uniquely tailored for you in English or Spanish.
2. Find everything you need in one digital space. Enjoy the freedom of using a variety of valuable tools at your own pace, on your own schedule.
3. Get started now on any device, using resources in English or Spanish to support the lifelong hearing journey. [HearingSuccess.com](https://hearing-success.com)



LISTENING EXERCISES WITHOUT INTERNET ACCESS:

1. **Paper Trails activities** from the THELISTENINGROOM.COM. These are downloadable/printable exercises from the Listening Room to be done with a partner. These activities help you practice discriminating the sounds in words better.
2. **Read aloud** from the newspaper, a favorite book, magazine or carryout menu. You can practice listening while you read out loud or ask a partner to read to you while you practice listening. If it is too difficult to listen to someone else speak, follow along using an identical copy of the printed material as someone reads to you. Read aloud from the manual of your AB processor. Listen to a young child practice reading a book to you as you follow along and listen.
3. **Audio-books-on-CD**. Use a book-on-CD to follow along in the book while you listen to the reader's recorded voice. Your librarian can help to make sure you have the unabridged version which will match the taped book. Visit your local library to inquire.



COMMON PHRASES IN YOUR HOME:

1. Use notecards to write down as many common phrases as you can think of that are spoken in your home. Write one phrase on each notecard: Do you want a coffee? What time is it? What's for dinner? Can you take the garbage out? I am going to take a shower. The kids are coming over later. It's pouring rain.
2. Read them out loud to yourself a few times every day so you can get used to what they sound like.
3. Ask a family member or friend to read them aloud to you. Start with familiar people that you communicate with because you are familiar with their voices.
4. When you feel ready, ask someone to "test" you by picking a few cards to start (maybe 3 – 4) and reading one of them out loud and having you guess what they are saying. Have your partner lay the set of cards on the table and say one of the phrases. You repeat the phrase you heard.
5. Continue to add more phrases until you feel more confident identifying them all. For an added challenge, ask your partner to read the phrase but don't show you the card.



CALENDARS:

1. Use family, community or personal calendars, to practice answering questions about dates, times and events. Ask a listening partner to help you practice.
2. Select a calendar month. Take turns asking easy questions that you can figure out by looking at the selected calendar months: Focus on listening for days and dates. What day is June third? What is happening the first Sunday in June?
3. When you feel comfortable answering these types of questions, take turns asking questions that are a little more challenging: How many birthdays are happening this month? How many appointments do you have this month? How many bands are playing this month?
4. When you feel comfortable answering these types of questions, ask open ended questions that are about any month, date, time or event like: What holidays are celebrated in the winter? When is your birthday?



GAME CHANGERS:

Well-chosen, commercially available games* played with an auditory spin! The Game Changer auditory rehab resources were created to target auditory skills, sharpen listening abilities and increase communication competence. They can be played in rehab sessions or at home with friends and family. They are fun and functional ways to engage in auditory rehab.

Download the UNO Game Changer™ in THELISTENINGROOM.COM

Purchase additional Game Changers and view other games and resources for auditory rehab at Listen with Lynn: www.HearSayLW.com; <http://bit.ly/ListenWithLynn>

*The games are sold separately, online or in stores

PROGRESS YOUR LISTENING PRACTICE FROM EASY TO CHALLENGING:

Start with listening activities where success is gained easily and confidence builds. When practicing, remember that at first you want to keep things simple. Then start working in the zone of challenge and try more challenging activities. When creating listening activities at home remember this chart:

EASIER	MORE CHALLENGING
Listening in quiet (at home in a quiet room)	Listening with competing noise (background noise or a restaurant)
Listening to someone speak while reading captions or text	Listening to someone speak without captions or text
Live voices, deeper voices	Phone or recorded voices
Speaking to someone who is familiar to you	Speaking to someone who is unfamiliar to you
Speaking to someone who speaks clearly, is facing you and closer to you	Speaking to someone who is not speaking clearly, not facing you and standing at a distance from you
Looking at the speaker	Listening only
Speaking at a slower rate	Speaking more quickly
Listen to words that are very different from each other (birthday party vs. pool)	Listen to words and phrases that are more similar (cat vs hat)
Understanding words, phrases, sentences	Understanding paragraphs, conversations
Fewer choices, looking at the choices	More choices, not looking at the choices
Understanding familiar or known topics	Understanding unfamiliar or unknown topics

MY AB ONLINE: ONLINE RESOURCES FOR INFORMATION, TROUBLESHOOTING AND MORE

One convenient portal to access all the information you need to use, maintain and make the most of your AB hearing device. Register at WWW.START.MYABONLINE.COM and get started!

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For information on additional AB locations, please visit
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